The Golden 30

A 7-DAY CLOCK CHANGE CHALLENGE · MON 26 OCT – SUN 1 NOV

The clocks go back today, and you've been handed a bonus hour. For the next few days your body is still on summer time, which makes this the easiest week of the year to wake up a little earlier.

the challenge

Wake up 30 minutes earlier than you did before the clocks changed, and use that time for you.

Used to wake at 7? Set your alarm for 6:30.

track it

Tick off each morning you keep your Golden 30:

M ☐ T ☐ W ☐ T ☐ F ☐ S ☐ S ☐

tell us how you're doing

Share your wins in the Community comments, message us on WhatsApp if you're a LIVE member, or tag us on socials for a shoutout.

keep it going

Loved it? Your November tracker has a Golden 30 box for every day, so you can keep the habit all month.

MORNING MOTIVATION CLUB